



MISSISSIPPI STATE DEPARTMENT OF HEALTH

# Health-Related Quality of Life

## Among Mississippi Adults with Asthma, 2006

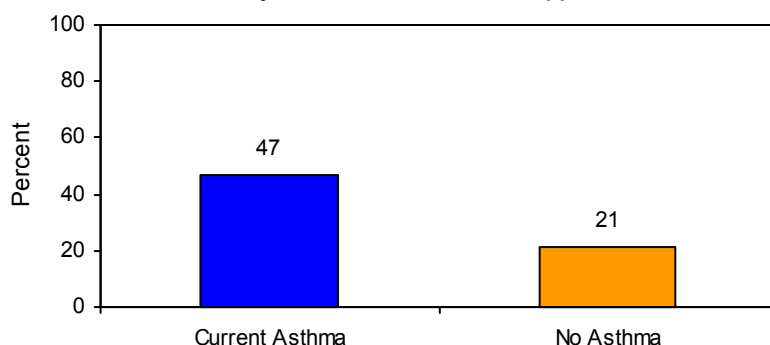
Health-Related Quality of Life is the way a person describes his or her physical and mental health over time. Doctors and other health professionals use Health-Related Quality of Life to measure the effects of chronic illness in their patients and to better understand how illness affects a person's day-to-day life.

### HEALTH-RELATED QUALITY OF LIFE & ASTHMA

Asthma is a common chronic disease that causes the airways of the lungs to tighten and swell. Asthma cannot be cured, but it can be controlled. Research shows that preventive and long-term control medications for asthma reduce the frequency and severity of asthma attacks. Avoiding environmental asthma triggers like dust, mold, and cigarette smoke can also reduce asthma symptoms.

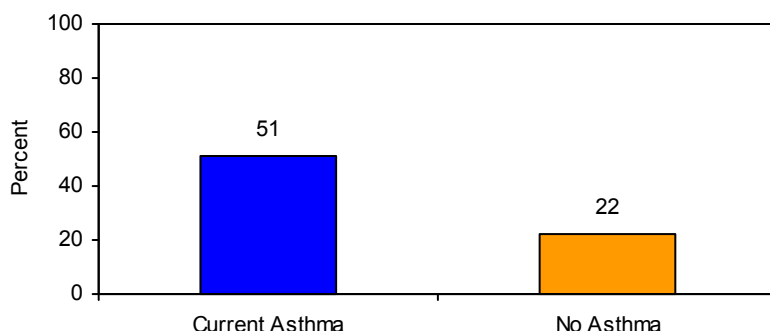
**Adults with well-controlled asthma should have a high quality of life. Unfortunately, many Mississippi adults with asthma report poor quality of life and daily activity limitations.**

**Adults who Reported their Health Status as Fair or Poor,  
by Asthma Status, Mississippi, 2006**



**In 2006, Mississippi adults with asthma were more than twice as likely as adults without asthma to report their overall health status as fair or poor.**

**Adults whose Activities were Limited by Health Problems,  
by Asthma Status, Mississippi, 2006**



**In 2006, more than half of all Mississippi adults with asthma reported that their activities were limited due to health problems, compared to only 22% of adults without asthma.**

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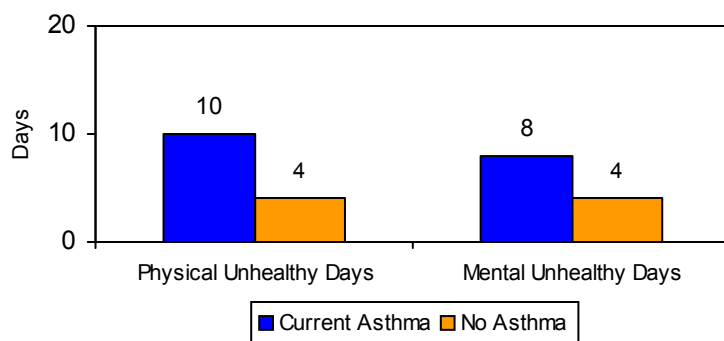
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# Health-Related Quality of Life

## Among Mississippi Adults with Asthma, 2006

### UNHEALTHY DAYS AMONG MISSISSIPPI ADULTS WITH ASTHMA

Average Adult Physical & Mental Unhealthy Days per Month,  
by Asthma Status, Mississippi, 2006

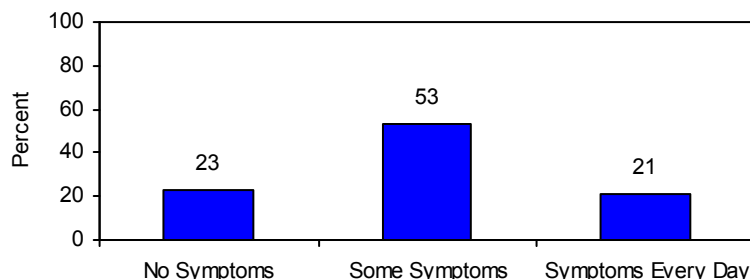


In 2006, Mississippi adults with asthma reported twice as many physical and mental unhealthy days per month as adults without asthma.

### SYMPTOM FREQUENCY AMONG MISSISSIPPI ADULTS WITH ASTHMA

Asthma symptoms include shortness of breath, wheezing, cough, and chest tightness. These symptoms may reduce the quality of life and limit the daily activities of adults with asthma. Mississippi adults with asthma report frequent asthma symptoms.

Asthma Symptoms in the Past Month Among Adults  
with Current Asthma, Mississippi, 2006



In 2006, more than half of Mississippi adults with asthma reported some asthma symptoms in the past month. About 1 in 5 Mississippi adults with asthma reported asthma symptoms every day.

### RECOMMENDATIONS

Asthma is a controllable disease. By taking asthma medications prescribed by a doctor and avoiding environmental asthma triggers, Mississippi adults with asthma should experience asthma symptoms less frequently and have a high quality of life. Healthcare providers should work with adults with asthma to develop an individual Asthma Treatment Plan (ATP). The individual ATP should include medication instructions and strategies to avoid environmental asthma triggers. A sample ATP developed by the American Lung Association is available at <http://www.healthmys.com/asthma>, under "Asthma Resources."

**For more information, contact the Asthma Program at the Mississippi State Department of Health, (601) 576-7415, or the American Lung Association of Mississippi, (601) 206-5810.**